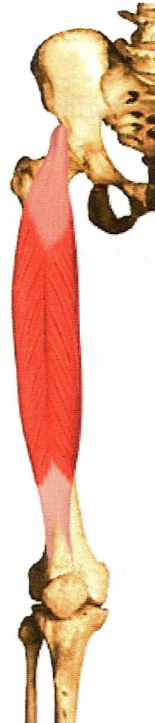


1) Origin

Insertion

Function



Origin

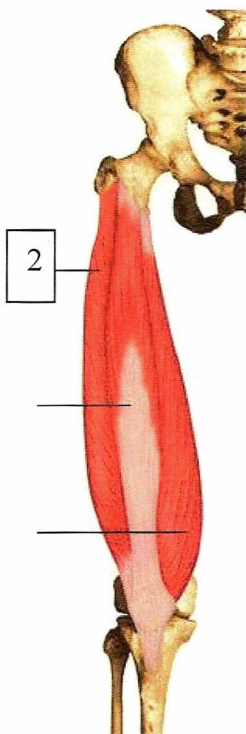
Insertion

Function

Why does it have Two Functions?

Name this group of muscles

_____.

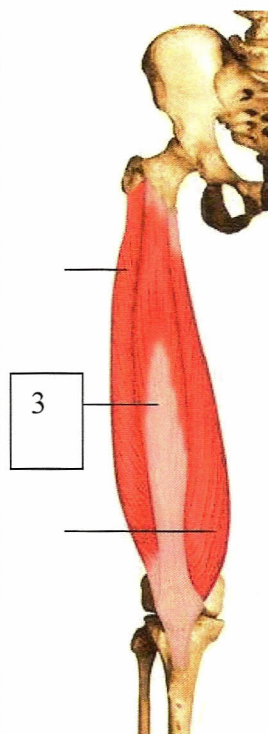


2) Origin

Insertion

Function

What muscle is missing?

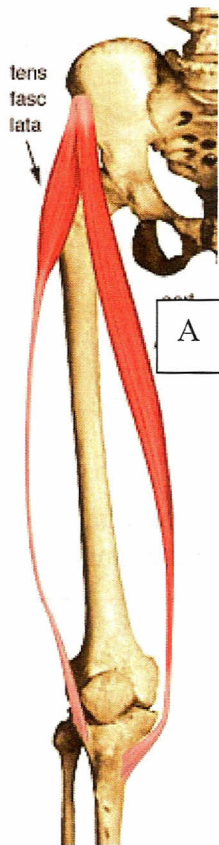


3) Origin

Insertion

Function

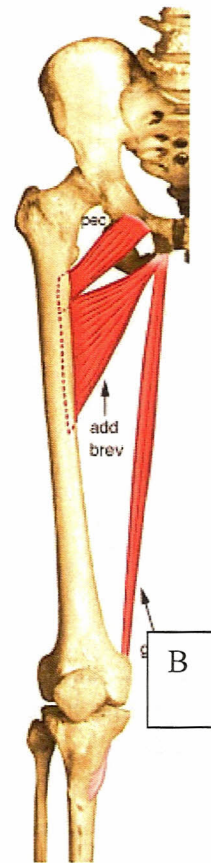
What muscle is missing from the picture?



A) Origin

Insertion

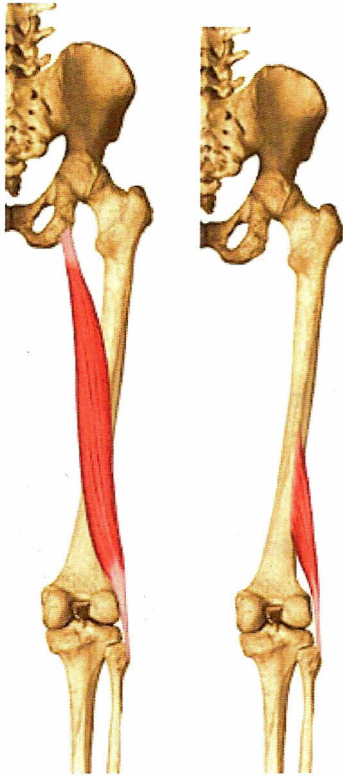
Function



B) Origin

Insertion

Function



Origin
Long Head

Short Head

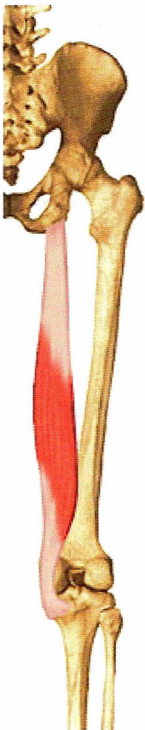
Insertion

Function
Long Head

Short Head

Name this group of
muscles

_____.



Origin

Insertion

Function



Origin

Insertion

Function



Origin

Insertion

Function



Origin

Insertion

Function

Knee Questions

- 1) A direct blow to the front the knees such as in a car crash might likely tear what ligament?
- 2) What is a valgus force?
- 3) A valgus force is responsible for an injury to what ligament?
- 4) What is a varus force?
- 5) A varus force is responsible for an injury to what ligament?
- 6) Hyperextension, internal rotation with a flexed knee, & direct trauma to the back of the knee are all mechanisms of injury for what ligament.
- 7) Which major ligament is connected to the meniscus?
- 8) Which ligament & tendon is attached to the head of the fibula?
- 9) Name the muscle that unlocks the knee when it is fully extended.
- 10) Name the ligament that connects the meniscus to the femur in the back of the knee.
- 11) Name the 4 muscles that extend the knee. Put a star by the muscle that also acts to flex the hip.
- 12) Explain in DETAIL (4 POINTS) how the quadriceps insert on the tibia.
- 13) What is different about how the articular surfaces of the knee joint move on each other when compared to the hip or shoulder?
- 14) Name the major group of muscles in the posterior thigh that flex the knee.

Identify all three individually
- 15) Name three muscles that assist the group from #14 in flexing the knee?